

SHAK Community-led recovery consultation June-July 2021

– what you told us, what we've done and what next.

Over the summer 2021 we asked local residents what our community needs as we come out of COVID. 63 people shared their views. They included young and old, people from many different backgrounds, people new to SHAK (South Hampstead and Kilburn) and others who know SHAK well. This update sets out what people told us they would like to see to help the community recover from COVID. It also tells you what we've done already and what we are going to do next.

What you would like to see

Health and wellbeing:

- **More opportunities for physical activity** - exercise and relaxation classes, a variety of sports, yoga, sociable walking, gardening etc.
- **A varied programme of community events and activities**, helping people come together.
- **Continuing support for people still stuck at home and hardest hit by the pandemic.** This could involve continuing help with shopping, 'doorstep home visits,' mental health support or access to different kinds of therapy.

Learning opportunities, skills and employment support:

- **Help back into work for people who have lost jobs due to the pandemic.** Suggestions included help with CV writing and job search; help to access apprenticeships; targeted courses linked to jobs where there are skills shortages; and people on the estate talking about their careers and how they got started.
- **Lessons in technology** – helping people find work and stay connected.
- **Many different learning opportunities.** Singing, cooking, crafts, languages and outdoor projects were just some of the ideas of things that can help 'bring things back together.'

Activities for children and young people:

- **Extra help with schoolwork** such as a homework club, coding club or other form of catch-up support.
- **Arts, sports, outdoor and other activities** where young people can have fun and learn new skills and that will help young people's mental health.
- **The youth club open more often plus more things to do for younger children.**

Support for older people:

- **A mix** of social events, advice, activities, companionship, and practical help.
- **'Outreach from the community to give older people support'** - including initiatives linking young people with older residents.

Increasing connections and strengthening communities

- **Community events and programmes** - helping meet people and make friends.
- **Opportunities to help each other.** This might mean ‘*training members of the community to teach other members of the community IT, yoga or tai chi for example.*’ Another idea was an up-cycling shop or yard sale to help with recycling and pass on unwanted goods.

Building confidence and helping people feel safe

- **A stronger security presence** – more police/community patrols, more cameras, and lights.
- **Public spaces - including walkways, park and play areas - clean and green.** Suggestions included community-based gardening, tree planting and nature projects plus more action on dog mess.
- **Keeping people informed,** e.g through drop-in or information sessions with local councillors and the housing/estate management team and by getting the word out about what SHAK is doing.

What we've done

Together with a core group of volunteers from the Alexandra and Ainsworth estate we were able to launch the following new activities over the summer which directly respond to consultation findings by bringing people together, making use of outside spaces and providing activities for younger ages.

• **Setting up a Gardening Club**

SHAK in collaboration with the Alexandra & Ainsworth Tenants & Residents Association held a free plant giveaway on the 25th September 21. The event was very well attended with 54 individuals taking part. 20 have signed up for the Community Gardening Club.



- **Setting up weekly Coffee Mornings** – Regular sessions every Wednesday attracting 8-15 per session. We introduced table tennis and Boucha which was very popular. Within the group we give individuals the space to discuss different topics as well as to play games that stimulate their minds.



- **Hosting family activities** we held an Arts and Craft event during the summer holiday attended by 13 people 9 children and 4 adults. We will be running another arts and craft session during half term on Wednesday 27th October.



We have already prioritised the restoration of other well-established weekly activities which respond directly to requests in the consultation such as employment and digital support drop-ins, healthy cooking sessions, physical activities such as T'ai Chi and football for young people, Arts & craft activities for all ages, support with food and shopping where needed etc.

We have also applied for funding to support a resident-led advice service, helping members of the community help each other.

What we are going to do next

We are talking with another local organisation about setting up computer coding activities for young people, including training older young people to support young ones in future.

We will continue running the gardening club, and the coffee morning and to add other sessions such as a games club where residents can play different games. This we hope to hold in the evenings. We are also planning on setting up a walking group focusing on getting residents moving to improve the health and wellbeing.

For younger children, we have been speaking to Sayers Croft Urban Nature Space in Paddington Rec to take a group to children to learn more about the environment in a safe space created just for them.

We are now putting together a funding plan to meet more medium-term needs and will be talking to our Trust, users and partners such as the TRA, about this and how to engage with some of the ideas which are further from our current offering.

Get Involved

We are actively recruiting volunteers to help us run these activities, it's only by working together that we can build a stronger community. If you are interested in volunteering, you can contact SHAK by calling 0300 365 2003 or email info@shakonline.co.uk. You can also visit our website www.shakonline.co.uk or follow us on twitter: <http://twitter.com/shakonline>.